Twitter Thread by Deepa❣■



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#Adulterants and #Allergies

Not all experts are doctors in the field. Most expertise comes from experience.

Of Food allergies, cosmetics, cancer, eczema, ADHD, hyper, flatulence, tattoos, cross reactions n more

#importantthread

Do you know readymade store bought packets need not disclose an additive if it's less than 2% in India?

For ex store-bought packet of wheat flour adds soya powder. Why? Mainly to preserve the whiteness they say. Why is soya bad? Most people with allergies react to soya terribly. Maida has bleach n so does other refined flour

A close friend's kid took a famous brand of noodles n then he got itching...on testing the masala they found peanut powder less than 2%. Peanut is a top allergen. Same with oils n food from bakeries n other brands u don't know half the additives added.

They add sodium benzoate to preserve organic food n drinks by top herbal brands too. Benzoate reacts readily n highly n causes cross reactions n allergies to already allergic people

Rat faeces is found as adulterant n more gum is added to asofeotida esp in powders of top brands although only lil gum is needed.

Colours like red, green, yellow added to food are top tier proven carcinogens

Colour added to hair colour products are paraphenylene diamine(ppd) a black,highly volatile lethal chemical oxidises n keeps reacting which exposed to air. has caused mny deaths n mny cases are pending with top brands. Enough research n pernl exp done to show they r carcinogens

Darker the colour, more the ppd.every readymade henna has it n tatoo, PPD is added to synthetically dyed black colour in clothes(apart from water pollution)- causes eczema as well. A famous internatnl brand of hair colour with more than 15% ppd is manufactured near Pune.

It causes food allergies as ppd has similar structure to salicylate found in every plant, nitrites, nitrates, sulphates n benzo in plants too. It reacts with amines but lesser so animal based foods like chicken, egg yolk are better for such ppl. Pls check salicylate free diet!!

If u react to few foods n if u use hair colour products there's the connection..on continuous usage, U ll find ppd reacts not only to food but also to mint ,aspirin, perfumes, rubber, Azo dyes - all synthetic clothes basically, leather etc

This PPD n the chemicals or reacts with are found in make up powders, lipstick, Kajal and it has got 20 different trade names so nobody even checks the label or are aware.

The chemicals present in compact, lipstick acts as pseudo estrogen causing tumours n ovarian cancer in women.

Elimination diet and going for salicylate free diet is good for most allergies , eczema, dysgraphia, dyscalculia (math difficulty), memory loss, autism, ADHD kids. keeping off chemical make ups, using naturally dyes clothes are the best way forward.

I'm under a gag order not to mention brand names as there's a court dispute n I've been paid compensation by a certain brand for med issues caused. Hence no names of brands.